Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparing the effectiveness of dialectical behavior therapy and acceptance and commitment therapy on distress tolerance in adolescent boys with internet addiction.

Protocol summary

Study aim

This study aims to compare the effectiveness of dialectical behavior therapy and acceptance and commitment therapy on distress tolerance in adolescent boys with Internet addiction.

Design

Clinical trial with control group, with parallel groups, without blinding, randomized, implementation of phases on 45 people

Settings and conduct

A quasi-experimental study with a sample size of 45 adolescent male students aged 14 to 18 years diagnosed with Internet addiction will be used. After screening with Young's Internet Addiction Questionnaire, participants will be randomly divided into three dialectical behavior therapy groups with a sample size of 15, an acceptance and commitment therapy group with a sample size of 15, and a control group with a sample size of 15. Therapeutic interventions will also be conducted twice a week for eight sessions. Pre-test and post-test will also be conducted using the Distress Tolerance Questionnaire.

Participants/Inclusion and exclusion criteria

Inclusion criteria included male adolescents, aged 14 to 18 years, residing in Karaj city, diagnosed with Internet addiction, having informed consent to participate in the research, being a student, and not suffering from other psychological disorders. Exclusion criteria included receiving concurrent drug treatment and receiving concurrent psychological treatment.

Intervention groups

Dialectical Behavior Therapy Group: By implementing the eight-session dialectical behavior therapy protocol Acceptance and Commitment Therapy Group: By implementing the eight-session acceptance and commitment therapy protocol Control Group: Will not receive any therapeutic intervention

Main outcome variables

Distress tolerance; Dialectical behavior therapy; Acceptance and commitment therapy; Internet addiction

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20250724066614N1**
Registration date: **2025-08-23, 1404/06/01**
Registration timing: **prospective**

Last update: **2025-08-23, 1404/06/01**
Update count: **0**

Registration date

2025-08-23, 1404/06/01

Registrant information

Name
Piran Kamalzade
Name of organization / entity
The University of Tabriz
Country
Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-09-16, 1404/06/25

Expected recruitment end date

2025-10-22, 1404/07/30

Actual recruitment start date

empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Comparing the effectiveness of dialectical behavior therapy and acceptance and commitment therapy on distress tolerance in adolescent boys with internet addiction.

Public title
Comparing the effectiveness of dialectical behavior therapy and acceptance and commitment therapy on distress tolerance.
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Teenage boys Age 14 to 18 years Resident of Karaj city With the diagnosis of Internet addiction Having informed consent to participate in research Student Absence of other psychological disorders
Exclusion criteria:
Receiving concurrent drug treatment Receiving psychological treatments at the same time
Age
From **14 years** old to **18 years** old
Gender
Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **45**
Randomization (investigator's opinion)
Randomized
Randomization description
A simple randomization method is used in which individuals are randomly assigned to three different groups. The lottery tool consists of 45 balls, and individuals will be assigned to three groups: Dialectical behavior therapy, acceptance and commitment therapy, and control, based on the number inside the ball.
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Tabriz University
Street address
Secretariat of the University's Biomedical Ethics Committee, Central Library and Documentation Center of Tabriz University , University of Tabriz
City
Tabriz
Province
East Azarbaijan
Postal code
5166616471
Approval date
2025-03-15, 1403/12/25
Ethics committee reference number
IR.TABRIZU.REC.1404.063

Health conditions studied

1

Description of health condition studied
Internet addiction
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Distress tolerance
Timepoint
Before the intervention and one month after the intervention
Method of measurement
Simmons and Gaher Distress Tolerance Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Acceptance and Commitment Group : After screening with the Young Internet Addiction Test, 15 high school students will be placed in an acceptance and commitment therapy group under an eight-session, 1.5-hour treatment protocol twice a week. The measurement tools include the Young Internet Addiction Test and the Simmons and Gahr Distress Tolerance Test. The pre-test and post-test will be administered approximately one and a half months apart.
Category
Behavior

2

Description
Intervention group: Dialectical Behavior Therapy Group : After screening with the Young Internet Addiction Test, 15 high school students will be placed in a dialectical therapy group under an eight-session treatment protocol of 1.5 hours, twice a week. The measurement tools include the Young Internet Addiction Test and the Simmons and Gahr Distress Tolerance Test. The pre-test and post-test will be administered approximately one and a half months apart.

Category
Behavior

3

Description
Control group: The control group consists of 15 people and will not receive any intervention. Only the pre-test and post-test of distress tolerance will be administered to them.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Shahriar High School

Full name of responsible person
Ali Hosseini

Street address
No. 526, 120 st., Eram Blvd., Mehrshahr city

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Karaj

Province
Alborz

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
the university of Tabriz

Full name of responsible person
Dr. khosro adib kia

Street address
Tabriz university, 29 Bahman Blvd., Daneshgah Blvd

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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
the university of Tabriz

Proportion provided by this source
5

Public or private sector
Public

Domestic or foreign origin
Domestic

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact

Name of organization / entity
The University of Tabriz

Full name of responsible person
Khalil Esmaeilpour

Position
Associate professor

Latest degree
Ph.D.

Other areas of specialty/work
Psychology

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Position
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Latest degree

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

There is no further information.

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available